



Pulled Chicken Tacos 3-Ways

Prep: 10 minutes

Slow Cook: 3 hours • Makes: 8 tacos

- 1½ pounds boneless, skinless chicken breasts
- 8 soft taco tortillas or hard taco shells

Fiesta (pictured with red bell pepper, green onion, red onion, queso fresco)

- 2 teaspoons less- sodium taco seasoning
- 1 jar (15.5 ounces) salsa
- 1 can (15 ounces) reduced sodium black beans, drained and rinsed
- ⅓ cup water

Teriyaki-Pineapple (pictured with fresh mango, fresh pineapple, jalapeño)

- 1½ teaspoons onion powder
- 1 can (20 ounces) crushed pineapple in juice, drained
- ¾ cup reduced sodium teriyaki sauce
- 1¼ cups water

BBQ-Corn (pictured with radish, purple cabbage, fresh cilantro, lime zest)

- 2 teaspoons chili powder
- 1 cup barbeque sauce
- 1½ cups thawed frozen sweet corn
- 1 cup water

Taco Toppers (optional)

- Chopped fresh cilantro
- Crumbled queso fresco
- Diced avocado or guacamole
- Diced bell peppers
- Diced red onion
- Diced tomatoes
- Fresh mango
- Fresh pineapple
- Hot sauce
- Pinto beans
- Shredded cheese
- Shredded green/purple cabbage
- Sliced fresh jalapeño
- Sliced green onions
- Sliced radishes
- Sour cream or plain Greek yogurt

1. Sprinkle chicken with Fiesta, Teriyaki-Pineapple or BBQ-Corn dry seasoning and place in 3- to 4-quart slow cooker; pour Fiesta, Teriyaki-Pineapple or BBQ-Corn ingredients over chicken, making sure chicken is covered. Cover and cook Fiesta or BBQ-Corn on high 3 to 4 hours (low 6 to 8 hours), or Teriyaki-Pineapple 2½ to 3 hours (low 5 to 6 hours) or until chicken is very tender.

2. Transfer chicken to large bowl; shred with 2 forks. Return chicken to slow cooker; stir to combine. Serve chicken mixture in taco shells with your favorite toppers, if desired.

Approximate nutritional values per taco (Fiesta):

257 Calories, 5g Fat (2g Saturated), 50mg Cholesterol, 828mg Sodium, 29g Carbohydrates, 5g Fiber, 25g Protein

Approximate nutritional values per taco (Teriyaki-Pineapple):

265 Calories, 5g Fat (2g Saturated), 50mg Cholesterol, 812mg Sodium, 32g Carbohydrates, 2g Fiber, 24g Protein

Approximate nutritional values per taco (BBQ-Corn):

284 Calories, 5g Fat (2g Saturated), 50mg Cholesterol, 700mg Sodium, 36g Carbohydrates, 2g Fiber, 23g Protein